1:Sanders Z-5,N (1952-1959) 1962 EH1 Greece EH1



the people's attitudes. One must not venture under trees when there is lightning or go to sleep during the day under a walnut tree with its thick foliage (in Central and Southern Greece) or under a fig tree (farther south). A young woman from the Peloponnesos explained that Christ was sitting under a fig tree when he was taken, thus accounting, in her mind at least, for this taboo. As we shall soon see, the idea of fate, destiny, or necessity is strong today, as it was in classical Greece. Natural phenomena are important in helping one learn what is to come or in helping to ward off some impending evil or difficulty.

Plants to some extent aid in knowing what lies ahead. However, most of the blossoms, fragile and fragrant, appear for such a short period in the spring that they are enjoyed primarily for their beauty. Fruit trees in bloom are looked upon as a glorious miracle of color, and one is urged to go out of the way just to see a particularly beautiful tree, especially an almond tree in January. But there are some plants that are appreciated for more than their beauty.

In many parts of Greece belief in the good luck brought by a four-leafed clover is strong. No bullet can affect it, as shown by the following folk story:

> Once there was a man who had a silver tobacco case on which he had stuck a four-leafed clover. They put it up as a target and shot bullet after bullet but could not hit it. Afterwards they took away the clover and the case was easily pierced.

If a peasant from Northern Greece comes upon a form of the peony known as "The Holy Virgin's Hand" (*Tes Panaglas to cheri*), he may remember that sprigs of it are thrown into the jug from which the water is poured for a woman in travail.[8] The name just as much as the properties of the herb is supposed to relieve the pains of labor. After the birth, the midwife is apt to hang cloves of garlic on the mother and the baby to ward off the Evil Eye. Garlic is so powerful against evil that, when one fears that an envious person will cast a spell upon the animal or baby or any other object of envy, one should say *skortha sta matia sou* (garlic in your eyes).

Anemones, hyacinths, basil, and thyme,[9] as well as the olive tree, the laurel, or the cypress, have stories associated with them which the old people tell to the children. Thus, nature seems intimate since so much of its handiwork carries deep and traditional meaning for the villager.

Animals have an even more special meaning. Both the occasional wild animal and the domestic animals reveal what to expect in the way of catastrophe or changing weather. For example, a man plowing in Central Greece may see a horsefly rest on someone and read into that simple occurrence the coming of a guest. If a person from the island of Spetsai catches a

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1
Peloponnesos



chipped glasses from the dark basement of a roofless building which was serving as the office of the village council.

Around the Valtetsi school that morning were children curious about the strange adults, the car, and the ten-year-old American boy and the twelve-year-old English-speaking Greek boy in our party, who quickly established contact and were soon surrounded. Questions and answers about the children came naturally. When we talked to the two teachers, we began to see what migration meant to these shepherd children. The school year starts in September with everyone enrolled, but by December 1 the youngsters have all set off with their families on the seven- to ten-day tramp below. St. Demetrios' Day (October 28) is the traditional date for departure, and St. George's Day (April 23) is the date for the return. Nevertheless, school opens again on March 1. This year (1953) four pupils had been present then; a week later ten showed up; at the time of our visit business was picking up even more and before long would reach the expected 104 enrollment. Classes would continue to August 15, with only a small break before the September registration occurred.

During the winter pasturing, the children attend no school but help with the flocks as much as they can. We had often during the winter months seen these solitary shepherd children as we drove along a lowland road. As they stood motionless when our car approached, with the sheep and the goats climbing around them, their faded shapeless clothing melting into the barren hillside, they looked neither frightened nor submissive and were quick to respond to a wave or a greeting. Later on, I asked the men with whom I was talking where most of the children were born, in Valtetsi or down below. One of them replied, much to the merriment of his fellows, "They are usually born here, for it's here that the heat wave starts." One man, the proud father of nine, said that all of his had been born in Valtetsi, although each knew of occasions when a child had arrived on the roadside without the ministrations of even a midwife. We asked young and old alike in Valtetsi and elsewhere what the children thought of this semi-annual change. All agreed that such a life was hard on children and that many of them dreaded the long march, but that there was no other livelihood open to their parents.

Since Valtetsi is at an altitude of 3360 feet, its hillsides are too exposed to make the pasturing of many sheep possible; in the winter months, removal to the plains below is therefore the only course of action open to the livestock owner. The families owning goats leave first, since the goats cannot stand the cold and they bear young earlier than do the sheep. Here in Valtetsi, the men pointed out, most of the pastures were communally owned and cost the people nothing; but down below each family had to contract with some peasant proprietor or commune for sufficient pasture for his flock, which now averages about 100 sheep in contrast to the 400

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1



household. In many cases, a newly married couple will live in the bride's home; in more cases, it will be in the husband's home. When the residence is patrilocal, a daughter-in-law is welcomed by the other women of a household since her presence means another pair of hands to help with the many daily tasks; but she may also be viewed as a potential source of conflict. But today so many young couples establish a home of their own that the in-law problem is not one of working together throughout the day but one of observing the proprieties when the couple goes to visit or receives the husband's parents. If the in-laws live in the neighborhood, the contact is more frequent and the daughter-in-law has to be on her best behavior to avoid offending the mother-in-law.

In those cases where the two women are in the same house, the mother-in-law is supposed to tell the daughter-in-law in a kindly way what is expected of her. This is of special importance if the younger woman comes from another village. Even during the brief engagement period, when the fiancée makes her visits to the young man's home, the mother-in-law will start the orientation. She shows the young woman how the bread is prepared and baked as well as how other household tasks are conducted. In Greece the relationship between the mother-in-law and daughter-in-law is said to be warmer and more cordial, involving less conflict, than that found in the neighboring Slavic countries. The young wife also must respect her father-in-law.

In reply to the question, "if there were a quarrel between a man's wife and his parents, with whom would he side?" the customary answer was that he would side with his wife. Many a husband said that he would refrain from scolding his wife in front of his mother even if he thought the wife were wrong. This generalization, though it may have some exceptions, shows that the wife is given a place of importance and not treated like a servant when she comes into the new home.

Many conversations revealed the sense of responsibility that women have toward their parents-in-law, even after their husbands die. Their remarriage is not greatly encouraged. One day at the Tripolis (Peloponnesos) market, a widow, whose husband had died seventeen years before, mentioned that she had an older son in Indiana who wanted her to come with her other son to the United States and settle with him: "I would like to go but my in-laws are too old to be left. If I went, who would look after them?" Such behavior, not at all uncomon, shows the continuing strength of family ties among the older generation.

## Childbirth and Child Care

In Greece to be a mother is to be honored. Furthermore, childbirth is a joyous occasion. In the past, most children were delivered at home — it was a family affair and not a medical one, unless the birth was unusually

1:Sanders Z-5,f (1952-1959) 1962 EH1 Greece EH1



844 [178] [743] difficult. More and more, expectant mothers are going to the provincial hospitals, but even there a family atmosphere seems to reign because family members are welcome in the patient's room. In rural Greece, as elsewhere, there are many measures which can be taken supposedly to ease the agony of childbirth. They vary from the practice in the village of Derikovo in Central Greece, where some of the women advise the one in labor to drink a glass of water into which the tail of her eldest brother's coat has been dipped, to the practice in Southern Greece of drinking water from a glass where a budding flower was placed to the accompaniment of the reading of gospel passages. When the flower has opened, the water will supposedly ease the labor pains. [755]

846 The Greeks have a special word for the mother of a newborn infant — *lecho* — and give her solicitous treatment. The husband may insist that she observe the traditional eight days of staying in bed, although if there is much work to be done around the farm, she may in turn insist upon resuming various tasks as soon as she feels able. The other women of the household, or the neighbors, see to it that she observes many of the customs surrounding her activities and the care of the newborn infant. At night the [776] child's clothes cannot be left outside, for it is believed that evil spirits will soil them. Throughout most of Greece the child's nails and hair are not cut [856] before it is forty days old, when the clippings must be put in an envelope and preserved. In Aetolia anyone coming into the house must not go directly to see the lecho. He must sit for some time in another room and then [777] enter her room; otherwise he brings her bad luck. Some families also insist that before a visitor enters the house, a burning charcoal be thrown on the doorstep for the newcomer to step over. In Artotina one is not supposed to enter the room of the mother in the afternoon or evening, although this taboo covers only the time after sunset in many other parts of Greece. Everywhere in rural Greece one encounters these customs surrounding the mother in the postnatal period and prohibitions which seek to forestall the visitation of any misfortune upon the infant.

844 788 In some parts of Central Greece as soon as a woman has given birth, she must "take the blessing." Someone from the house takes a jug of fresh water to the priest, who "reads" to the water, which is then taken back to the lecho. She takes the blessing (water) and washes herself, after which all the people who were present in the house at the time of the birth also take the blessing.

851 856 754 As long as the child remains unbaptized, it is thought to grow more quickly and is not subject to the Evil Eye because it still belongs to the bad spirits. However, as one informant stated, "The parents are afraid and want to baptize the child as quickly as possible so that they can put it on the path of God. As long as it is unbaptized, it is not allowed to wear the cross or [778] have a little icon."

2: Friedl E-5 (1955-1959) EH1 Greece EH1
Vasilika



the village attracts, and the villagers comment on their satisfaction at seeing some different faces.

A caveat may be in order here, however. No matter how much the villagers like the variety of life in the towns, and no matter how much they dislike the tiring and messy work on the farms, when they actually live in the village and are engaged in the work in the fields and at home, they work hard, steadily, and with a will. The people of Vasilika do not believe work is ennobling in itself; they seem to have no compulsive need to work to achieve self-respect, but they accept the need for hard labor as a means to the end of support for the family. Therefore, the villagers expect the farmer and his household to work hard and for long hours if an agricultural existence is their immediate fate, but do not condemn some farmer if he tries to arrange a different fate for his children. If he is unsuccessful, and all his sons stay on the farm, or if his daughters are married off to farmers, there is no disgrace in that either, as long as he did the best he could. And if a farmer can bequeath a good farm to any of his sons and the son manages the property skillfully, the economic success of the farm brings a measure of prestige, in Vasilika, to father and son alike.

Within the context of these values let us consider how the dowry and inheritance system functions in Vasilika. Sometimes after a farmer marries and has had at least one child, it would appear that he and his wife consider the question of how many more children it would be sensible for them to have. The parents recognize that the more children they have, the harder it will be to provide adequately for the future of each of them. Therefore, regulation of the size of families is accepted in the village as obviously prudent and sensible. The villagers explain that more children survive nowadays as a result of modern medical care, and that this obviates the need to have a large family in the hope that at least two or three of the children will reach maturity. In Vasilika, some prenatal care and confinement in one of the proprietary hospitals in Levadhia is recognized now as the safest kind of maternity care and also has the most prestige (Friedl 1958). Such care immediately increases the cost of childbirth and is a drain on the family's resources. But even those families whose babies are born at home with the aid of a traveling government-trained midwife are expected, as we have seen, to provide better food and finer clothing for their children than earlier generations provided for theirs. The added expense of rearing children has not been counterbalanced by any increase in their economic value on the farms. On the contrary, less labor is regularly needed, as Chapter 2 has shown.

The trend to smaller families seems to have started back in the 1920's. Genealogies show that the parents of the marriageable young adults of the middle and late 1950's had already limited the size of their families to a mode of four children in contrast to their parents who typically had had eight. The overt statements made by married men and women of all ages including the sixty- and seventy-year-old widows indicate that the change is deliberate and coincides with their expressed attitudes. Parents who have more children than they can adequately feed and care for are accused of behaving like animals; they

6: McNeill H-5 (1947, 1956) 1957
EH1 Greece EH1
Cherasia

[Hill Villages]



217 families managed to escape official pressures and stayed in
166 Volos, I was told, even though the records showed them back
[727] in the village. Similarly, a trickle of migration from the village into Volos since 1950 has gone unrecorded. With every sort of bureaucratic obstacle put in the way of legal transfer of residence from Cherasia to Volos, most of those who depart from the village simply neglect red tape and leave their names regis-
[745] tered in Cherasia. They do so not by choice, since people officially registered as living in a village like Cherasia cannot claim unemployment benefits in Volos, and if they find no work, must either starve, rely upon relatives, or return to their village until better times offer a new start in town. This, of course, is the main reason why transfer of residence is made so difficult; the government could not afford to pay unemployment benefits to all the hungry men from the hills who might swarm into town if they could secure such payments.

162 Nevertheless, the villagers all agreed that more people were
621 living in Cherasia in 1956 than had lived there before the war. A mean between conflicting estimates of the population came
[433] out close to 500 for 1956, and about 430 for 1940. The villagers
[432] reckon that their own local production supplies food for only two months in the year. The rest has to be bought with money earned by selling wood and charcoal, together with an occasional lamb from their flock.

621 Records of births and deaths were also in confusion, partly
217 because children born in Volos to parents registered in Cherasia
162 are supposed to be, but are not always in fact, entered in the
[743] village records. Partly, too, confusion arises from the custom of
[844] sending pregnant women to the Volos hospitals to give birth — a new departure in village custom, resulting from the wartime experience of living in the town, and facilitated by the existence of the new road. These children, too, sometimes escape the village registers, or are entered late. For what the figures may be

7:Friedl E-5 (1955-1956)1958
EH1 Greece EH1
Boeotia

# Hospital Care in Provincial Greece

*Ernestine Friedl**

## Introduction

The rural population of the province of Boeotia in Greece now makes considerable use of hospital care for childbirth and for serious illness.[1] Both men and women, even those of the older generation, allow themselves to be hospitalized without objection, often, indeed quite willingly. This is a new phenomenon. It is a particularly interesting one because of the many psychological and practical obstacles in the way of the hospitalization of a Greek village patient. Traditionally, there has been a tendency to view hospitalization as a form of desertion of the sick person by the members of his family.[2] Transportation to and from the villages to the provincial town in which the hospitals are located is difficult and expensive. Besides, doctors' bills and hospital costs themselves are quite high by local standards.

Anthropologists have long been interested in the problem of introducing hospital care in rural regions where scientific medicine is not part of the culture. They have also studied attempts to improve the use of scientific medical facilities in cultures where science is known, but is only sporadically utilized by the rural population.[3] In either situation anthropologists regularly record the many difficulties encountered. The analysis of the reasons for the difficulties has resulted in the enunciation of certain principles, which may be summarized as follows: beliefs and practices associated with curing illness in any culture have important latent functions both for the personality of individuals and for the operation of the social structure. In other words, to maintain or to restore physical well-being is the manifest purpose and often

*Ernestine Friedl, Ph.D., is Assistant Professor of Anthropology and Sociology at Queens College, New York.

1. This is a revised version of a paper read at the meeting of Section H of the American Association for the Advancement of Science in New York, December, 1956.

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2. Margaret Mead, ed., *Cultural Patterns and Technological Change*, UNESCO, 1953, p. 250.

3. William Caudill, "Applied Anthropology in Medicine," in *Anthropology Today*, A. L. Kroeber, ed., Chicago, University of Chicago Press, 1953, pp. 771-806; Alexander H. Leighton and Dorothea C. Leighton, *The Navaho Door*, Cambridge, Harvard University Press, 1944; Margaret Mead, *op. cit., passim*; Benjamin D. Paul, ed., *Health, Culture, and Community*, New York, Russell Sage Foundation, 1955, see especially pp. 31-34, 139, 231, and 241.

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[p. 24(A)]

7:Friedl E-5 (1955-1956)1958
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or nurse) has been taught how to give injections and can be called upon to do so. If the doctor who travels on horseback through the countryside should come into the village on a day when anyone is ill, he may or may not be asked to look at the patient. A case of measles in a young child, for example, would be diagnosed by the family and they would feel no need for the services of a doctor. In the meantime, members of the family who live in the village and the neighbors will visit with the patient while his household continues in its usual activities. However, the patient is never left alone, and is often surrounded by a crowd of noisily talking visitors, including children. The visitors all give advice as to proper treatment, recommend doctors in the neighboring towns, and recall the history and development of similar symptoms in themselves or in their relatives. The proper phrase of good cheer is *perástiká sas* which means "may it pass for you" and is addressed not only to the patient himself but to his entire household. Nor is the patient isolated even at night. If the household is one in which the parents and children sleep in the same room (some on beds and some on pallets on the floor) this custom is not changed because of illness. Food for the patient is prepared by whatever member of the household customarily does the cooking.

If an illness lasts beyond expectations, or if it takes acute or violent form such as a heart attack or a bleeding ulcer, several alternatives are possible. Some member of the household may go for a doctor, or the patient may be taken to a hospital in a provincial town. Going for the doctor may involve a walk of several miles to the nearest town where there is one, or it may involve a walk to the nearest town or village that has a taxi, and the taxi may be hired to go on for the doctor. The taxi may also be hired to call for the patient and to take him to the hospital. Ordinarily, the patient is accompanied by at least one member of his household and frequently by several. In one case in which a woman in labor went to the hospital, she was accompanied by her mother-in-law, her husband, her sister-in-law, and her brother.

One of the provincial towns in Boeotia is slowly developing into a small medical center for the surrounding region. The hospitals there are actually small proprietary institutions with ten to twenty-five beds. Each hospital is owned and operated by a doctor who ordinarily has a specialty. There are several maternity hospitals, one or two for major surgery, one for tonsilectomies, one for internal medicine, and so on. The number of these small private hospitals has increased sharply since the end of the Greek civil war in 1949. They are staffed by local women and young girls, who ordinarily have no special nurses' training except for what training the doctor can give them. The physicians themselves, however, are graduates of the medical school of the University of Athens, and many have had additional training outside of Greece.[7] The qualifications of the physicians lead one to expect normal American hospital routines, perhaps somewhat modified by the limitations of space and of an untrained staff.

But consider the scene in the room of a small private hospital. One knocks on a door and enters a small room about twelve feet square. There are three ordinary iron bedsteads

7. Leland G. Allbaugh, *Crete: A Case Study of An Under-Developed Area*, Princeton, Princeton University Press, 1953, pp. 156-157.

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7:Friedl E-5 (1955-1956)1958
EH1 Greece EH1
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along three of the walls of the room. On each of the beds, fitted with her own bed linens in the typically varied colors of the Greek village, lies a woman patient.[8] Two are older women wearing their brown kerchiefs and dressed in their own pink flannel nightgowns. The third is a young woman without a kerchief, but lying on the bed fully dressed. It is not possible to move beyond the door because the entire center floor space is covered with a blanket, around the edges of which five relatives of one of the patients are sitting, just finishing a meal which they have been eating picnic-style. The remnants of bread, wine, and cheese are quickly gathered up as the relatives make way for the new visitors and apologize for taking up so much space. The husband of the young woman is warming some macaroni over a small kerosene burner on a tiny table near her bed. When the food is warm enough he serves it to his wife. The daughter and the husband of the third patient are standing near her bed watching the goings-on. The daughter coughs violently. It is midwinter, and she has a cold aggravated by sleeping on a pallet on the floor of her mother's hospital room. A nurse comes in to leave an ice-bag. The daughter helps her mother to adjust it.

If we were in a maternity hospital, the scene would be much the same, except that several infants would be sleeping in wooden cradles in the rooms with their mothers. If cradles had not been brought from home, the infants would be lying in the beds with their mothers. A female relative of the mother will have been present during the birth of the baby. She will have held the mother's hand, sponged her off during the worst of the pains (no anaesthetic is used), and will have comforted her with soothing words.

These hospital scenes and the patterns of hospital care they represent suggest a remarkable similarity between the treatment of illness at home and its treatment in a hospital. The same values and attitudes of Greek culture are demonstrated in both situations, and their reinforcement in a time of stress is not impeded by hospitalization.

## Influence of Greek Culture

Greek villagers take great pride in showing-off household possessions. Bed-linens and coverings are of special importance, because they are a part of the dowry which the woman of the household provided at marriage, and she probably wove them herself. Sleeping on bedclothes from home, therefore, not only lessens the unfamiliarity of the hospital surroundings, but also may give the patient and his family a chance to show off the handiwork of the women.

Let us now turn to the crowded conditions of the hospital room. Human companionship is believed by the Greek villagers to be an absolute good. Solitude is considered very unpleasant and is avoided even when people are perfectly well. When someone is in the vulnerable state of illness, it is especially important that he not be left alone. In the hospitals the members of the patient's family take turns staying with him, and neighbors who happen to be in town come and visit. Some of the hospitals, to be sure, provide a special room in

8. A DDT campaign after the Second World War successfully eliminated vermin from the Greek countryside. There is, therefore, little danger that the bedding from home will bring vermin into the hospital.

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7:Friedl E-5 (1955-1956)1958
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which relatives can sleep. Even so, however, since private rooms are apparently unknown, there are always other patients to talk to.

The family has especially important social and psychological functions in Greece. Therefore, the presence day and night of family members in the hospital fulfills the latent function of emotional support. Such support is essential for Greek patients, because they feel useless and unwanted whenever an illness prevents them from fulfilling their customary roles in the household. When the family members can also care for a patient in the hospitals much as they can at home (e.g., bring and cook food for him and, if necessary, even feed him) his sense of isolation and strangeness is further lessened.

A characteristic attitude of the Greek villager is a suspicion of other people's motives and actions.[9] He believes that people are not trustworthy and are more likely to cheat one than not. The opportunity for constant family conferences to check on the doctor's treatment of one's illness is considered a necessity. Once again, the presence of at least one relative at all times during a hospital stay assures the patient that he has someone nearby watching out for his interests and keeping an eye on the possible chicaneries of the doctors and nurses. A physician we interviewed mentioned as one of the reasons for permitting a relative to stay with a woman throughout an entire confinement, the fact that the visitor could then act as a witness. She would be able to testify to the new mother and to the other members of the family that the doctor had done his job properly. The doctor himself did not seem to feel that such a point of view reflected in any way on his integrity, but simply took it for granted.

## Pros and Cons of Hospitalization

What, then, are considered the special advantages of hospital care which impel the Greek villagers to incur the great expense and inconvenience of hospitalization? There is, of course, recognition of the fact that the doctor is almost continually on call in the hospital and the added sense of security this brings. For childbirth, there is no question but that the villagers believe that the doctor will do a better job. He knows more than the midwife and professional knowledge and skill is highly valued. But, I believe, what is of commensurate importance is the latent function hospitalization fulfills in the perpetual rivalry for prestige among village families. Hospital care is believed to be the sophisticated, urban way of caring for serious illness and childbirth. Hospitalization therefore can enhance family prestige. It is not uncommon for one or two sons of a village family to be educated sufficiently to obtain a white-collar job in a provincial town, in Athens, or even to be educated for and to practice one of the professions. The village girls, whose fathers can provide large enough dowries, marry a city or a town man whenever they can and so acquire husbands who are not village farmers. Since, in Greece, the family continues to act as a unit for some purposes even though its members are scattered over the city and several towns and villages, the

9. Harry L. Levy, "Property Distribution by Lot in Present-Day Greece," *Transactions of the American Philological Association*, 87, 45-46 (1956).

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7:Friedl E-5 (1955-1956)1958
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urban members of the family regularly visit the villages. They have high prestige and are strong advocates of urban ways. They stress the superiority of urban and town doctors over the doctors who travel through the countryside on horseback to treat the villagers. If urban or town doctors are to be consulted during an illness and their care is then needed, hospitalization is the only answer. The result is that childbirth and the care of serious illness at home has come to be associated with low social position and low income, hospital care with high social position.

This description of hospital care would be incomplete without some more detailed discussion of the specific disadvantages of such care to the villagers. The expense is a major element not only because cash is scarce and long hospitalization may use up savings; indeed, it sometimes requires the sale of land. It has importance also just because the payments are made in cash, and cash must be saved by the Greek villagers for a daughter's or a sister's dowry. Every time the family's economic resources are used for other purposes it delays the marriage of the daughters. This causes considerable anxiety and leads to some sense of guilt on the part of the patient, and of resentment, not always suppressed, on the part of the family. A less acute, but nevertheless, real disadvantage of hospitalization is the increased burden of work it places on those left at home. This also occasions guilt feelings on the one hand and resentment on the other. Finally, the necessity for dealings with doctors and nurses adds to the number of role relationships which the villagers regard with suspicion. The family, in its own view, is therefore confronted with yet another occasion in which there is a threat of loss of *filótimo* (the Greek version of the oriental "face"). Constant vigilance, they believe, is necessary to see to it that the hospital personnel do not succeed in outsmarting the village family. All of these disadvantages are consequences of serious illness, in any case, but they are much intensified by hospitalization.

The evidence indicates, however, that these anxiety-producing consequences of hospital care are substantially outweighed by what are consciously and unconsciously felt to be its advantages. However, I believe that without the compensating sense of familiarity and continued participation in family relationships which the small Greek hospitals afford, the disadvantages of hospitalization would be overwhelming.

## Attitudes of the Doctors

What is the attitude of the scientifically trained doctors to the hospital conditions described? They are well aware of the fact that their hospitals do not conform with the standards they observed in Athens and in other urban centers. Some of our doctors were apologetic about their own small institutions. They complained about the inability to keep regular consulting hours and the fact that therefore patients were constantly overflowing the waiting rooms. They said, however, that there was no help for it, because the villagers could not possibly manage to get into town at any regular times. They also complained about the many relatives in attendance on their patients, and said they sometimes got in the way. They pointed out, however, that their patients were uneducated villagers for the most part and would be too miserable under any other conditions. Being Greeks themselves, they were,

743 554 369 844 759 [593] 743 152 [511] [583] 743 828 152 156 759 743 743 759 [369] [758] [181]
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normal diet. Her relatives should see to it that her days are calm and happy, and that she is surrounded by pictures of beautiful scenery and beautiful people, so that her baby will be beautiful. 843

Pregnancy is pictured here as a period of joyous anticipation. In the morning, after the fourth month, the mother is awakened by her gambolling embryo, who is saying to her, "Wake up, Mama; don't be in a hurry; I am coming gradually and constantly." She takes care of her breasts, massaging them and elongating the nipples, thinking of her baby. She prepares the layette, embroidering the pieces, caressing them and showing them to her visitors, taking joy in them.

Throughout her pregnancy a woman is expected to eat everything she craves. She can knock on any door where she smells cooking food and ask for a "smell". The satirist reporting on the Court of Petty Offences describes a case where a man complains that his neighbour has been pregnant almost steadily for four years, and that her pregnancies are too great a drain on his purse; the judge advises him to move to another location. The case is unusual, but not far-fetched.

There are pre-natal clinics as well as well-baby clinics, maintained by the state in the cities and provincial centres. Midwives are trained in a state institution and work in close co-operation with obstetricians. In many villages, however, there are no trained midwives available, and there is recourse to the "wise woman". The manual, *For the Mother*, gives a list of things to be prepared for a home birth; but many women in the cities, when they can afford it, prefer an obstetrician and a hospital delivery. [743] 844 759 [369]

Childbirth is an occasion of great importance. The mother has something of the Madonna about her now, and is idealized by all, and particularly by her husband, who offers her a second courtship at this time, bringing her special sweets and ornaments. The word *lecho*, describing her through her lochial period, is emotionally charged. Traditionally, a *lecho* is bedridden for eight days, and is under special regulations for the first 40 days. She may not go out until the "40 days" are over, and then she goes first to church. In some areas, no one is allowed to enter the house after sunset, until the 40 days are over. 844 846

Greek babies are swaddled except in very rare cases where a completely foreign manner of upbringing is followed. The newest manuals suggest half swaddling for the three months, that is, swaddling only of the trunk of the body, with legs and arms free. But this much is at any rate considered essential for a straight and firm back. In Athens there is a range of swaddling; simple people often swaddle completely for at least three months, but may leave the baby's arms and legs free by day after the fortieth day. In the village, the old swaddling is practised for the most part, along with the newer ways. Traditionally the baby is swaddled all over, until it is a stiff bundle. Each knee is straightened out; in many regions, each leg is wrapped separately, 854 856 [369]